metro

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Holiday, Dec 28, 2017 - Jan 1, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

MEMORABLE PHILLY SPORTS MOMENTS

Philly sports fans may finally feel blessed. 25-26

The year in health and wellness. 18-19

Our favorite TV series of the year. 16

FAREWELL 2017

All the moments that mattered in news, movies, TV, pop culture and more.

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SIX BIG 2017 STORIES WE CAN NEVER FORGET

MORGAN ROUSSEAU, MANAGING EDITOR

Good or bad, no one can deny it's been a hell of a year. We will soon say goodbye to this year, 2017, which has seen ups and downs that have undoubtedly left the nation exhausted and ready for a new beginning. Before we embark on a new year next week, let's take a moment to reflect on some of the biggest national events of 2017.

THE CHARLOTTESVILLE PROTESTS AND VIOLENCE

1 A gathering of hundreds of white nationalists in Charlottesville, Virginia, took a deadly turn Aug. 12 when a car plowed into a group of counter-protesters and killed Heather Heyer. The attack occurred after rival groups fought pitched battles using rocks and pepper spray after far-right protesters converged to demonstrate against a plan to remove a statue of a Confederate war hero.

HARVEY WEINSTEIN SCANDAL BROKE

2 News broke Oct. 5 of Hollywood movie mogul Harvey Weinstein's alleged sexual assault of dozens of women, when The New York Times published an exposé. The New Yorker followed suit Oct. 23. Both accounts accused Weinstein of not only assaulting, but sexually harassing and intimidating high-profile actresses. Since then, more celebrities have come forward — most recently actress Salma Hayek. Weinstein's downfall inspired the #MeToo movement to take on a powerful new energy, with countless women — and men — outing their sexual assaulters in published essays and on social media.

TRUMP'S REIGN BEGINS

3 President Donald Trump made shockwaves when he won the 2016 presidential election, and since then, the ride hasn't gotten any less intense. President Trump was inaugurated Jan. 20 in Washington. Later, then-press secretary Sean Spicer made headlines when he declared the inauguration crowd the biggest in the history of presidential inaugurations, despite photographic evidence to the contrary. The announcement set the tone for what would end up being a riveting year in the White House.

GETTY IMAGES

LAS VEGAS SHOOTING

4 Gunman Stephen Paddock, 64, opened fire on a country-music concert in Las Vegas the night of Oct. 1 in the deadliest mass shooting in U.S. history. Nearly 60 people were killed and 546 others injured in the attack. Paddock, 64, shot and killed himself as police closed in. The shooting reignited the debate about gun laws in the U.S., with attention focused on bump fire stocks, which Paddock used to carry out the massacre.

HURRICANE MARIA

5 The largest hurricane to cross Puerto Rico in nearly a century made landfall Sept. 20, killing 64 people, devastating the island's infrastructure and leaving residents without clean water or power for several weeks, in some cases months. Cases of leptospirosis, a potentially deadly bacteria, were reported in the weeks following the storm. The U.S. government received backlash for its slow response to the crisis.

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2017 was year of triumph, tragedy and activism for Philadelphia

Take a look back at some of the biggest stories in Philly from 2017.

SAM NEWHOUSE
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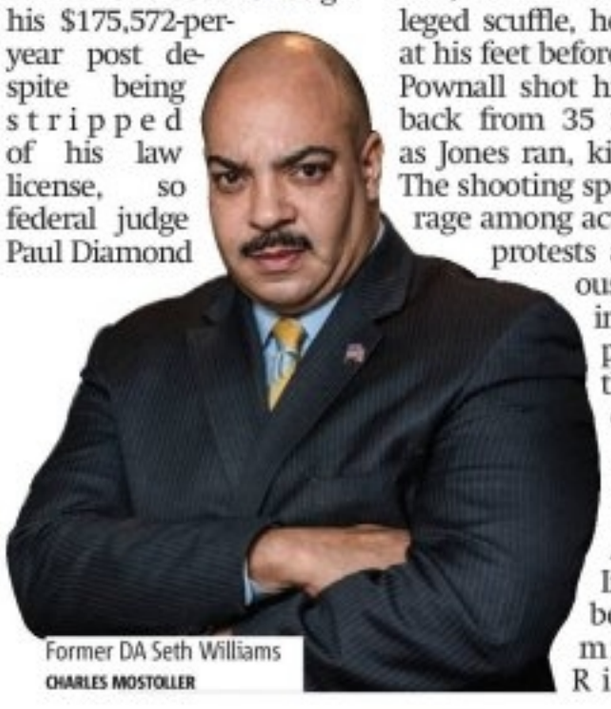
sam.newhouse@metro.us

It has been 335 years since Philadelphia was founded by William Penn in 1682. Many of those years have been eventful and historic, and 2017 was no exception. As Philly heads into year 336, here's a look back at some of the biggest stories from the past year.

On Jan. 14, Rittenhouse Square became a flashpoint for civil disobedience after a ban was enacted against sitting on the historic park's walls. Initiated by the Friends of Rittenhouse Square and the Department of Parks and Recreation after a shooting in the park the previous October and increased incidents of public drug use, the ban sparked calls for public disobedience of the law, including from Mayor Kenney himself. Within days the rule was wisely rescinded and "no sitting" signs were replaced with ones that instead warned "no smoking."

On March 22, nearly six years after his historic election as Philadelphia's first African-American DA, Seth Williams was indicted on federal corruption charges for allegedly receiving favors and illegal gifts (at least $160,500 of which he later disclosed). Williams refused to resign his $175,572-per-year post despite being stripped of his law license, so federal judge Paul Diamond fast-tracked the trial. Midway through his August trial, Williams abruptly changed his plea to guilty and resigned. Judge Diamond ordered Williams detained that day and in October gave him the maximum of five years in federal prison. If he serves the full sentence, he will get out in August 2022.



Former DA Seth Williams
CHARLES MOSTOLLER

On May 16, a heated Democratic primary ended with victories by two upstart candidates who both went on to win the November elections in heavily Democratic Philadelphia: City Controller-elect Rebecca Rhynhart, who defeated incumbent Alan Butkovitz, and longtime defense attorney turned District Attorney-elect Larry Krasner, a critic of mass incarceration and advocate for criminal justice reform. Both will be inaugurated on Jan. 2. Butkovitz may be leaving his post as controller, but the longtime critic of financial waste in city government is the subject of heavy speculation for a potential anti-soda tax-focused mayoral run against Jim Kenney in 2019. (Those rumors remain completely unofficial at present.)

On June 8, Philly cop Ryan Pownall was driving a father and his children to the Special Victims Unit to report an alleged sex crime when he saw David Jones, 30, driving a dirt bike and decided to pull him over near Hunting Park and Whitaker Avenue near the Feltonville/Juniata Park area. Jones had an illegal gun in his belt, which after an alleged scuffle, he dropped at his feet before running. Pownall shot him in the back from 35 feet away as Jones ran, killing him. The shooting sparked outrage among activists and protests at numerous events, including a protest on the street outside Pownall's Bustleton home in August. In September, Commissioner Richard Ross announced Pownall would be fired for violating departmental policy during the shooting. No criminal charges have been filed against the former officer.

A diverse mix of Philadelphia residents turned out to Rittenhouse Square to protest a ban on sitting. CHARLES MOSTOLLER

GOOGLE SEARCHES

2017's top 10 Google searches in Philadelphia

1. Hurricane Irma
2. Tom Petty
3. Bitcoin price
4. Super Bowl
5. iPhone 8
6. Roy Halladay
7. Matt Lauer
8. iPhone X
9. Charlie Murphy
10. Solar eclipse

Black Live Matter activist Asa Khalif protests on Aug. 24 as a line of officers protects the home of the police officer who killed David Jones. HAYDEN MITMAN

On July 9, four friends were reported missing in Bucks County. A massive manhunt eventually led to the arrest of Cosmo DiNardo, a marijuana dealer who allegedly confessed to separately luring all four men to his property and murdering them so he could rob them of money. But DiNardo's cousin and alleged co-conspirator Sean Kratz described the slayings to investigators as a "massacre." The two are awaiting trial, and DiNardo is rumored to possibly face the death penalty, despite reportedly confessing and leading authorities to the fourth man's body in a negotiated deal specifically to not face that punishment.

On Sept. 7, community activist and father of two Gerard Grandzol was murdered for $60 outside his Spring Garden home. Grandzol had just parked his car outside his Melon Street home when he was confronted by brothers Maurice and Marvin Roberts, aged 21 and 16 at the time. Grandzol surrendered his wallet and car keys, but was shot twice by Marvin after asking to get his 2-year-old daughter out of the car. Both were arrested within days and are awaiting trial on murder charges. The crime shocked the city and led to a massive outpouring of support and donations for Grandzol's widow, 2-year-old and newborn baby girl, now 4 months old.

On Nov. 6, Philly-born rapper Meek Mill was sentenced to two to four years in state prison for violating the terms of his probation from a 2008 gun possession case, sparking massive backlash and protests. Mill was found in violation for three incidents over the past year: riding a dirt bike in New York City while filming a music video, scuffling with over-aggressive fans at the St. Louis airport (in both incidents, Meek was arrested but charges were later dropped) and testing positive for Percocet. Meek, 30, remains incarcerated, but his legal team and supporters, ranging from Jay-Z and Rev. Al Sharpton to thousands of Philadelphians, continue to fight the sentence.

On Dec. 20, a 4-month-old baby was attacked and nearly killed by a raccoon inside a North Philly apartment. Journi Black received 65 stitches and may need a year to make a full recovery. As word of the horrific attack spread, donors opened their hearts and wallets to raise more than $25,000 to help Black's family find a new, safe home. The family is reportedly considering legal action against their landlord.

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In Philly, gifts from Tony's Metro Magic were distributed on Dec. 16 to more than 50 children and families from all over the city. ALL PHOTOS COURTESY OF KHALIL SMITH

Metro Magic wraps up with hundreds of toy donations from readers

This year's Tony's Metro Magic toy drive was a success.

METRO STAFF
@MetroPhilly
letters@metro.us

Thanks to generous donations from readers, Metro was able to deliver hundreds of toys to underprivileged children in Boston, Philadelphia and New York City just in time for the holidays.

Metro's annual toy drive, Tony's Metro Magic, wrapped up earlier this month, marking the end of the drive's eighth year. The Coalition for the Homeless in New York City was working to distribute the toys to children last week.

"It's been hectic, but a really good kind of hectic," said Bev McEntarfer, camp director at the Coalition for Homeless, as she collected toys from Metro staffers at the organization's Fulton Street location. Inside their distribution center, workers were busily sorting through thousands of toys.

In Philly, gifts from Tony's Metro Magic were distributed on Dec. 16 to more than 50 children and families from all over the city through the Institute for the Development of African American Youth (IDAAY), which offers programs like that range from Intensive In-Home Supervision and Out of School Time to College Bound, Young Fathers United and Don't Fall Down in the Hood.

"The smiles on the childrens' face is enough of a reward," said S. Archye Leacock, founder/executive director. "These children come from families where they may not always have enough, and without generous donations from Metro's readers, we wouldn't be able share these gifts with them. Thank you!"

Boston's charity organization, Heading Home, got their Metro Magic toys on Dec. 13. Both organizations then sorted through the toys and distributed them to local kids.

Metro intends to keep Tony's Metro Magic holiday toy drive going for years to come.

"We sincerely thank our readers for supporting the kids in their community," said Metro managing editor Morgan Rousseau. "It was heartwarming to see the toys pile up in our office, and it brought our staff so much joy to help get them out to children in need. We hope it brought a touch of sunshine to their holiday season."

Metro intends to keep Tony's Metro Magic holiday toy drive going for years to come.

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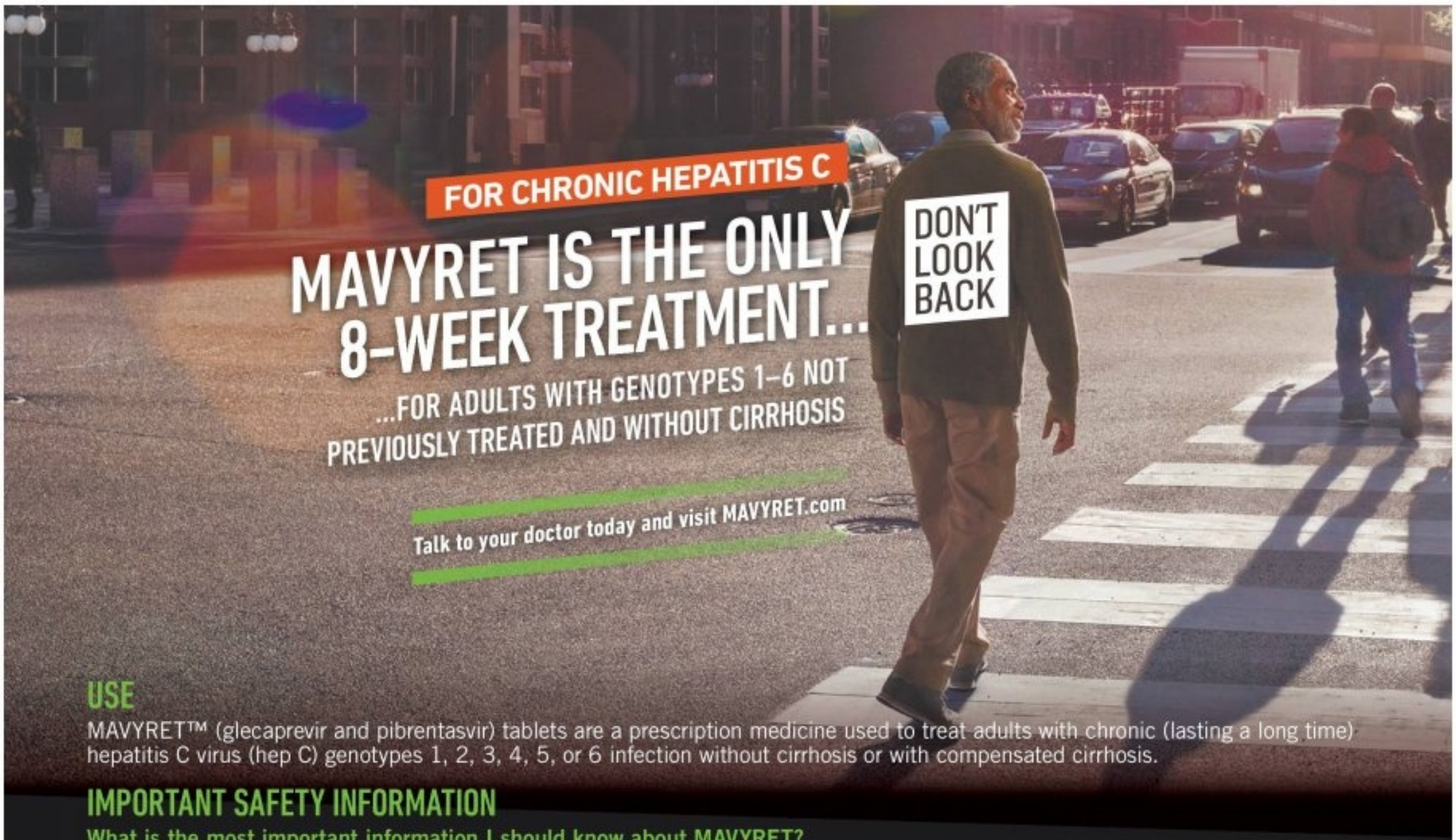
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MAVYRET™ (glecaprevir and pibrentasvir) tablets are a prescription medicine used to treat adults with chronic (lasting a long time) hepatitis C virus (hep C) genotypes 1, 2, 3, 4, 5, or 6 infection without cirrhosis or with compensated cirrhosis.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about MAVYRET?

Hepatitis B virus reactivation: Before starting treatment with MAVYRET, your doctor will do blood tests to check for hepatitis B virus infection. If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hepatitis C virus with MAVYRET. Hepatitis B virus becoming active again (called reactivation) may cause serious liver problems including liver failure and death. Your doctor will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking MAVYRET.

Do not take MAVYRET if you:

- Have certain liver problems
- Are taking the medicines:
  - atazanavir (EVOTAZ®, REYATAZ®)
  - rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®)

What should I tell my doctor before taking MAVYRET?

- If you have ever had hepatitis B virus infection, liver problems other than hep C infection, or any other medical conditions.
- If you are pregnant or plan to become pregnant, or if you are breastfeeding or plan to breastfeed. It is not known if MAVYRET will harm your unborn baby or pass into your breast milk. Talk to your doctor about the best way to feed your baby if you take MAVYRET.
- **About all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements. MAVYRET and other medicines may affect each other. This can cause you to have too much or not enough MAVYRET or other medicines in your body. This may affect the way MAVYRET or your other medicines work, or may cause side effects.
  - **Do not start taking a new medicine without telling your doctor.** Your doctor can tell you if it is safe to take MAVYRET with other medicines.

What are the common side effects of MAVYRET?

- The most common side effects of MAVYRET are headache and tiredness.

These are not all of the possible side effects of MAVYRET. Tell your doctor if you have any side effect that bothers you or that does not go away.

This is the most important information to know about MAVYRET. For more information, talk to your doctor or healthcare provider.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you cannot afford your medication, contact www.pparx.org for assistance.

Please see a brief summary of the full Prescribing Information on the following page.

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MAVYRET™
glecaprevir/pibrentasvir
100 mg/40 mg tablets

MAVYRET™ (MAV-ih-reht) (glecaprevir and pibrentasvir) tablets, for oral use

CONSUMER BRIEF SUMMARY
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Patient Information

Read the Patient Information that comes with MAVYRET before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about MAVYRET?

MAVYRET can cause serious side effects, including:

Hepatitis B virus reactivation. Before starting treatment with MAVYRET, your doctor will do blood tests to check for hepatitis B virus infection. If you have ever had hepatitis B virus infection, the hepatitis B virus could become active again during or after treatment of hepatitis C virus with MAVYRET. Hepatitis B virus becoming active again (called reactivation) may cause serious liver problems including liver failure and death. Your doctor will monitor you if you are at risk for hepatitis B virus reactivation during treatment and after you stop taking MAVYRET.

For more information about side effects, see the section "What are the possible side effects of MAVYRET?"

What is MAVYRET?

- MAVYRET is a prescription medicine used to treat adults with chronic (lasting a long time) hepatitis C virus (HCV) genotypes 1, 2, 3, 4, 5 or 6 infection without cirrhosis or with compensated cirrhosis.

MAVYRET contains the two medicines: glecaprevir and pibrentasvir.

It is not known if MAVYRET is safe and effective in children under 18 years of age.

Do not take MAVYRET if you:

- have certain liver problems
- also take any of the following medicines:
  - atazanavir (EVOTAZ®, REYATAZ®)
  - rifampin (RIFADIN®, RIFAMATE®, RIFATER®, RIMACTANE®)

Before taking MAVYRET, tell your doctor about all of your medical conditions, including if you:

- have ever had hepatitis B virus infection
- have liver problems other than hepatitis C virus infection.
- are pregnant or plan to become pregnant. It is not known if MAVYRET will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if MAVYRET passes into your breast milk. Talk to your doctor about the best way to feed your baby if you take MAVYRET.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

MAVYRET and other medicines may affect each other. This can cause you to have too much or not enough MAVYRET or other medicines in your body. This may affect the way MAVYRET or your other medicines work, or may cause side effects.

Keep a list of your medicines to show your doctor and pharmacist.

- You can ask your doctor or pharmacist for a list of medicines that interact with MAVYRET.
- **Do not start taking a new medicine without telling your doctor.** Your doctor can tell you if it is safe to take MAVYRET with other medicines.

How should I take MAVYRET?

- Take MAVYRET exactly as your doctor tells you to take it. Do not change your dose unless your doctor tells you to.
- Do not stop taking MAVYRET without first talking with your doctor.
- Take 3 MAVYRET tablets at one time each day.
- Take MAVYRET with food.
- It is important that you do not miss or skip doses of MAVYRET during treatment.
- If you miss a dose of MAVYRET and it is:
  - Less than 18 hours from the time you usually take MAVYRET, take the missed dose with food as soon as possible. Then take your next dose at your usual time.
  - More than 18 hours from the time you usually take MAVYRET, do not take the missed dose. Take your next dose as usual with food.

If you take too much MAVYRET, call your doctor or go to the nearest hospital emergency room right away.

What are the possible side effects of MAVYRET?

MAVYRET can cause serious side effects, including:

- **Hepatitis B virus reactivation.** See "What is the most important information I should know about MAVYRET?"

The most common side effects of MAVYRET include headache and tiredness.

These are not all the possible side effects of MAVYRET.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store MAVYRET?

- Store MAVYRET at or below 86°F (30°C).
- Keep MAVYRET in its original blister package until you are ready to take it.

Keep MAVYRET and all medicines out of the reach of children.

General information about the safe and effective use of MAVYRET

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use MAVYRET for a condition for which it was not prescribed. Do not give MAVYRET to other people, even if they have the same symptoms that you have. It may harm them. You can ask your doctor or pharmacist for information about MAVYRET that is written for health professionals.

What are the ingredients in MAVYRET?

Active ingredients: glecaprevir and pibrentasvir

Inactive ingredients: colloidal silicon dioxide, copovidone (type K 28), croscarmellose sodium, hypromellose 2910, iron oxide red, lactose monohydrate, polyethylene glycol 3350, propylene glycol monocaprylate (type II), sodium stearyl fumarate, titanium dioxide, and vitamin E (tocopherol) polyethylene glycol succinate. The tablets do not contain gluten.

Manufactured by AbbVie Inc., North Chicago, IL 60064.

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For more information go to www.MAVYRET.com or call 1-800-633-9110.

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TRUMP'S AMERICA

President Trump learned some rules the hard way during his first year in office. GETTY IMAGES

THREE, TWO, ONE ... HAPPY TRUMP YEAR!

ANALYSIS

ELLIS HENICAN
@henican

Want to sound smart in 2018? Then don't forget President Donald Trump's 18 Shiny Golden Rules. We (and he) learned every one of them the hard way.

1. There's crazy like a fox, and then there's just plain crazy. Mainly, it depends on the day.

2. Golf is a huge waste of time and energy ... for all those other lazy presidents.

3. The early bird catches the tweet.

4. Alternate facts are better than real ones. Fake news is news I don't like.

5. Surround yourself with really ugly people. You'll seem better-looking that way.

6. Things can always get worse. Comey fired — will Mueller be next?

7. Don Jr., Eric, Ivanka and Jared: best argument ever for anti-nepotism laws.

8. Our president really could shoot someone on Fifth Avenue. Just ask the 35 percent, the ones raising their hands to volunteer.

9. To know him is not to love him. Nowhere are Trump's approval ratings lower than in his own hometown.

10. No one knew how complicated being president can be.

11. At some point, Republicans in Congress will turn on Trump. (You can laugh now.)

12. Who's Paul Manafort? Never heard of him.

13. Like Fifth Avenue, loyalty is a one-way street.

14. Demean the FBI, the State Department, the CIA and the federal judiciary. Sometimes, they forget who's president.

15. Watch eight hours of TV a day, ideally endless loops of "Fox & Friends."

16. Deny everything. Then deny that you denied it.

17. What the hell is "covfefe," anyway? We still don't know.

18. It's the Trumpitude, stupid: that constantly swirling mix of swagger, self-delusion and straight-face lies that comprise the very essence of America's 45th president.

Happy New Year!

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "Trumpitude: The Secret Confessions of Donald's Brain." Follow Ellis on Twitter @henican.

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Philly's first IV lounge opens in time for holidays

Feeling hungover after all the holiday partying? Philly's first IV lounge, City Hydration, opens in time for holiday detox and rejuvenation.

A.D. AMOROSI
@MetroPhilly
letters@metro.us

Neurointensive care unit nurse-turned-hydration entrepreneur Christie D'Arcy could not have started her new venture at a better time. Founding and opening Philadelphia's first IV therapy lounge, 13th and Walnut's City Hydration, at Thanksgiving – perfect for overindulgers of that holiday, to say nothing of Christmas, Hanukkah, New Year's Eve and other sundry events – is certainly a plus for this town's revelers. But D'Arcy is adamant that keeping one's body well-oiled and fluid-filled is necessary year-round for proper, fulsome health and well-being.

"I worked at Jefferson in the neuro ICU for seven years before I began travel nursing," said D'Arcy, a 12-year nursing veteran from North Hanover, New Jersey. "I branched from ICU and started working in ERs and surgical recovery, too. Dabbling in all realms of nursing kept my brain stimulated."

D'Arcy claimed that nurses and paramedics are the "front line of IV hydration lounges."

Travel nursing exposed D'Arcy to the wealth of cities with hydration bars, how each one operated and what their clientele was like, and how Philly needed one. She did her research, went for legal guidance, gathered her medical directors and pharmacists with whom she concocted mixtures for the solutions ("Together we created safe dosages and made sure everything was compatible.") and opened City Hydration in an office shared with her sister's Luminous Chiropractic practice.

Neurointensive care unit nurse-turned-hydration entrepreneur Christie D'Arcy, owner of City Hydration. COURTESY OF CITY HYDRATION

"People are always afraid of IVs," D'arcy said with a laugh. "But a majority of the fear of an IV is what comes with it. Usually you're in a hospital or doctor's office. Everything is cold and hard and plastic or metal. I removed that. City Hydration is a calm environment with candles and lounge chairs. I have eye masks so people can take a nap and heating blankets to lay over you while you sip hot tea. I love when people fall asleep and say they don't want to leave."

On the menu at City Hydration, there's the "Cold and Flu" (normal saline, vitamin C, zinc, glutathione) the "Jet Lag and Fatigue" (normal saline, B-12, B-complex, vitamin C) and the "Health Maintenance and Energy" (normal saline, B-complex, magnesium, calcium, vitamin C), which have become best-sellers. "A most specialized infusion is the athletic performance infusion. It's awesome for muscle recovery and energy. It has been so great having athletes come in and give such positive feedback on it."

While D'Arcy said the need for hydration varies ("I don't suggest people seek IV hydration more than once a week"), she also does not think visiting her lounge will fade away like just another health trend.

"People feel better. That should speak volumes," D'Arcy said.

City Hydration is at 1315 Walnut St., www.cityhydration.com.

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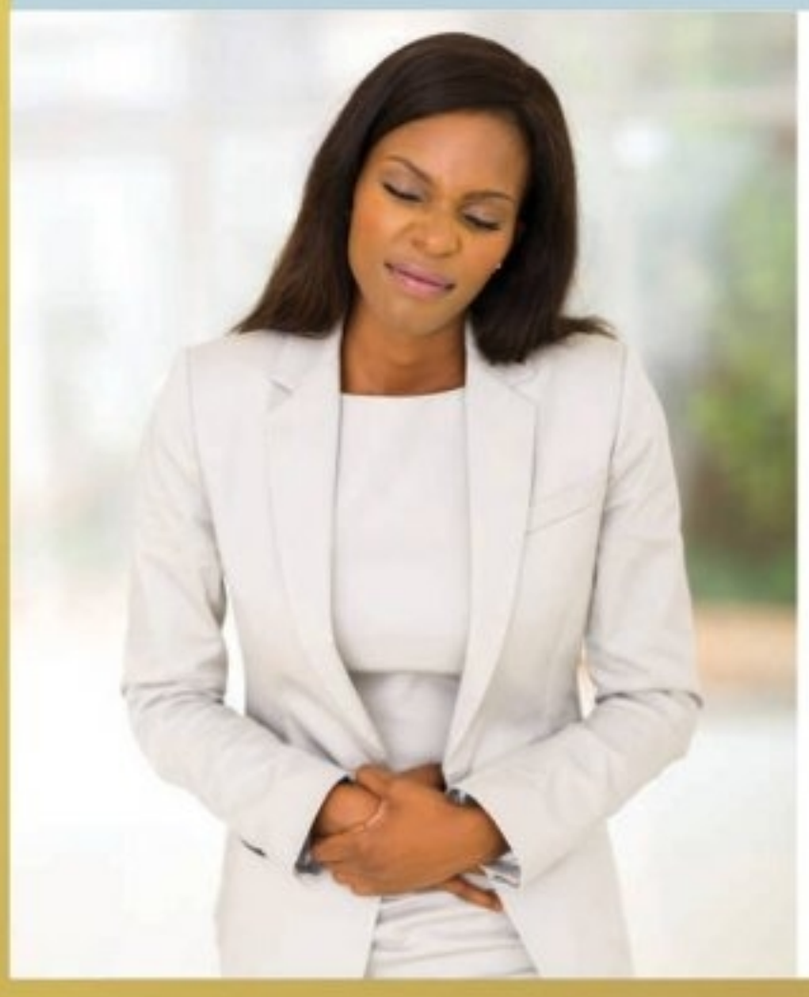

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SnoHub app brings plow services to you on demand

Founder James Albis says his business is bringing the ease of Uber to snow removal.

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Winter is on its way, and for homeowners, the season comes with the responsibility of shoveling your driveway and clearing off your steps all by yourself.

To James Albis, dealing with snow is one of the biggest pains of owning a home, so he came up with a solution: a way to order snow-plow service on demand through an app.

SnoHub, which Albis says is the "Uber of snow plows," works in a similar way to the ride-share service. The app connects homeowners to nearby contractors and alerts those contractors of snow removal needed in the area.

Once the contractor accepts the job, the homeowner can track the plower's movements through an in-app map. When contractors arrive at each site, they take before-and-after pictures, proving the job is done, and then the homeowners pays through the app.

SnoHub launched last year just in Fairfield County, Connecticut, where Albis lives. This winter, the service is launching in the Boston, New York City and Philadelphia metro areas, among others.

It wasn't just clearing snow that inspired Albis, but the way he's interacted with plow contractors in the past. He has had frustrating experiences, he said, waiting hours for a plow to come to his house, being asked to pay in cash and not getting the job done completely.

"When you're living in a tech world and all of a sudden you're forced to step back 40 years ago, it's a problem. … I said, 'Clearly, there has to be a better way,' and I looked at companies that have been disruptive, like Uber," he said. "People in this day and age only want to pay for what they use — they want to do things on their own terms, based on their own life, not based on when it's convenient for a snow-plow contractor."

The SnoHub app aims to change the way homeowners have their driveways plowed. At right: James Albis started SnoHub. SNOHUB/FACEBOOK, PROVIDED

The contractors deployed through SnoHub are vetted through the company and verified to have the proper licensing, insurance and background. Albis said SnoHub is also giving people the opportunity to earn extra income in the winter.

"If you're a painter, electrician, a firefighter — a lot of these guys have pickups and plows, and they want to earn some extra money," he said. "By introducing all these new guys who are very idle in the winter time, we helped out so many different types of people last winter get through it."

As with Uber, SnoHub does take a bit of the cut from contractors' pay: a 30 percent fee on transactions. For the homeowner, prices start at $59 for three inches of snow, increasing with every inch, and they can see the price estimate before they book their service.

Regular plow contractors will still have work, Albis said, because their business still comes from commercial accounts. By catering to residences, he's hoping to make handling the winter more convenient for homeowners.

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Three things we saw as sluggish Eagles force five turnovers to clinch NFC's top seed

The Eagles played far from their best football against the Raiders, but the secondary lifted Philadelphia to victory on Christmas.

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The road to the Super Bowl officially goes through Philly.

After a 19-10 win Monday night, the Eagles assured themselves a hosting role in a potential NFC Championship as the No. 1 overall seed, should the Birds advance that far.

On Christmas, they showed that questions may remain as to whether they are the team to beat in the conference. A dreadful performance by Nick Foles (19-for-38, 163 yards) and an offense stuck in the muck were lifted by a miracle interception by Ronald Darby — secured with the game tied at 10-10, inside one minute to play.

A series of short passes helped the Eagles get to the 31 yardline, and it was kicker Jake Elliott (who made a 61-yarder to beat the Giants back in Week 3) who once again was the hero, drilling a 48-yarder to put the Birds ahead. In the remaining 22 seconds the Raiders failed to pull off their own miracle.

On the hook-and-ladder attempt, a fumble was taken into the end zone by Derek Barnett to make the margin of victory a little more impressive. It was the fifth Eagles' takeaway in the second half.

A win is a win, but this one left a lot to be desired.

It was painfully clear that the Eagles left a lot of meat on the bone on Christmas. Here are three things we saw Monday night as the Eagles hung on and improved to 13-2:

The secondary

The Eagles defense looked stout at times but was vunerable to the big play. In a return to form of recent years, Philly relented on a 63-yard toss from Derek Carr to Amari Cooper to tie the game at 7-all early in the second quarter.

After being one of the top units in football for most of the season the Eagles' defense has now allowed a play of 50 yards or more in four straight games — a stat that could undo them in the playoffs. But the secondary earned it's pay Monday against the shaky Carr.

With the score tied, a great defensive effort midway through the fourth seemed to be all for nothing, as Foles threw a tipped-pass interception to give Oakland yet another try at getting a lead (they missed a 48-yard field goal not long before). But it was safety Malcolm Jenkins who forced Oakland's third lost fumble — also recovering it — stopping a red zone drive right in its tracks. This in addition to Darby's clutch pick made the defense the clear MVP of this contest.

Stuck in neutral

It was clear, all game long, the Eagles were missing Carson Wentz. Several passes were overthrown by Foles, or thrown late. Wentz' quickness and versatility in the pocket would have created several plays against the Raiders' defense, which was able to keep Foles in check — particularly in a key third down sack to force a punt early in the fourth quarter.

The Eagles weren't able to get much momentum on offense throughout the game, with their most promising drive ending in a missed 33-yard field goal that could potentially have put the Birds on top at the half.

The fans

Fresh out of their warm houses from unwrapping their Christmas gifts, the Eagles fans who ascended to the Linc Monday night had a direct impact on the game. Early in the first, a delay of game and false start penalty set the Raiders back twice forcing a failed fourth down attempt giving the Eagles the ball and momentum.

Fans who toughed out the abysmal performance of the offense were rewarded in the end, getting the best Christmas present they could think of, as the Birds clinched the best record in the NFC just before the holiday ended at midnight.

The road to the Super Bowl will go through Philadelphia. GETTY IMAGES

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THE FOREMAN FORECAST: RESOLUTIONARY TIMES

Perhaps Donald Trump should consider a few New Year's resolutions. GETTY IMAGES

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Across this great nation, millions of people are standing in front of mirrors considering goals for the coming year: Skinnier waist? Fatter wallet? More time with friends? Less time with fries? The result will be a host of resolutions launched like North Korean missiles on Jan. 1, which will — in woefully large numbers — crash into the sea before winter is done. (As evidence, I submit my perennial promise to learn Spanish. "Que pasa, amigo?" Not much, my friend.)

Still, it is an admirable annual exercise and one I think our current president might want to consider because he is the most unpopular first-year president since modern polling began, and if he wants that to improve, perhaps some changes are in order. So in the spirit of the season, Mr. President, let me offer three possible resolutions:

1. Quit complaining about the people who oppose you. Quit calling them liars and fools. Yes, your most devoted followers love it when you tag a foe with a ridiculous nickname and taunt him/her like a schoolyard tough. But the majority of Americans are put off by that behavior, and it makes it hard for them to give your policies a fair shake, let alone embrace them. You're hurting yourself when you demonize every person who dares to doubt your magnificence.

2. Stop tweeting so much. Again, I know your fans think this habit of yours is the best thing since the Big Mac, but precious few serious ideas can be expressed in fewer than 280 characters. That's not even enough to cover the first paragraph of the Gettysburg Address, which is a model of brevity. Perhaps you could confine your tweets to things such as Arbor Day greetings, congratulations to sports teams and your lunch … i.e., "I love pork chops — make America great again!"

3. Knock it off with the demonstrably false statements. I get it: Politicians tell fibs. But when you fling out whoppers that are patently untrue, again — you hurt your own case.

Of course, it is entirely up to you whether you take these suggestions to heart. But why not give them a try? Because even if they don't work, like most of us, you'll have abandoned them by Valentine's Day anyway.

POLITICS

Obama urges 'leaders' not to split society with online biases

Former President Barack Obama said the way people communicate via social media risked splintering society and leaders had to ensure the internet did not cocoon users within their own biases.

"All of us in leadership have to find ways in which we can recreate a common space on the internet," Obama said in an interview conducted by Britain's Prince Harry, broadcast on BBC radio on Wednesday.

"One of the dangers of the internet is that people can have entirely different realities, they can be just cocooned in information that reinforces their current biases."

Obama has previously warned that social media platforms can lead people to make snap judgments about complex topics although he has refrained from criticizing his successor, Donald Trump, who regularly uses Twitter.

Obama also said in the interview that social media should promote diverse views in a way that "doesn't lead to a Balkanisation of our society" and moving online communities offline helped people to see that many issues were not as simple as they might seem in a chatroom.

"It's also by the way harder to be as obnoxious and cruel in person as people can be anonymously on the internet," he said. "Meet in the pub. ... Meet at a place of worship. Meet in a neighborhood and get to know each other."

Obama spoke to Harry in an interview conducted by the prince as a guest editor for BBC radio's daily morning news show, and they focused on their shared interest in promoting causes. REUTERS

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Our *favorite* TV series of 2017

"American Vandal"

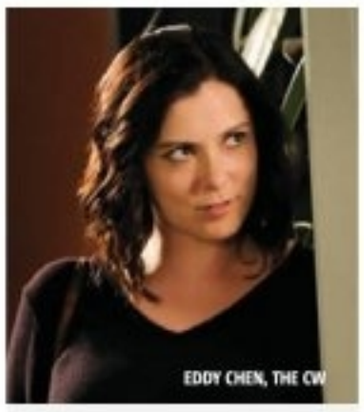
The documentary-style crime drama — "Making a Murderer," "Serial" — is a hot genre, but will the audience still care if the stakes aren't life and death? Turns out that a parking lot full of cars with penises spray-painted on them lends itself perfectly to the format. Netflix's original series has been called a parody, but to me it was a rare realistic portrayal of how high school shapes every teenager's life, from the nerds to the jocks.

Eva Kis

"Big Little Lies"

I ate up the exquisitely shot, groovily soundtracked, ultimately female-empowering rich-lady drama of "Big Little Lies" and can't wait to indulge again for season two. Reese Witherspoon 2020.

Kate Mooney



"Crazy Ex-Girlfriend"

"Crazy Ex-Girlfriend" has always been good. But this season — with Rebecca confronting her demons, getting a diagnosis and moving on from Josh — has been so unexpected. Thankfully, just because the series is taking Rebecca's illness seriously doesn't mean it's any less fun. I count "Very First Penis I Saw" as one of the show's best musical numbers to date.

Rachael Clemmons

"Legion"

Taking a cue from "Mr. Robot," "Legion" constantly threw curveballs at its viewers this season with its mentally unstable protagonist, David Haller (Dan Stevens), making for one wild ride. Aubrey Plaza was the real breakout star of the series, though, and her take on the maniacal Shadow King is still haunting my dreams.

Matt Juul

"Mindhunter"

David Fincher delving into the mind of serial killers was always going to be intoxicating stuff. The result wasn't only one of the most unsettling and compelling shows in years, but the ultimate proof that Netflix might just be the natural home for his patient, beguiling approach.

Gregory Wakeman

"Vice Principals"

"Eastbound and Down" may be my favorite show of all time. But, in some ways, Danny McBride and Jody Hill were able to top it with their second series, "Vice Principals." The story and characters were brilliant and hilarious throughout — and it wrapped with one of the best series finales I've ever seen.

Patrick King

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The 6 best films of 2017

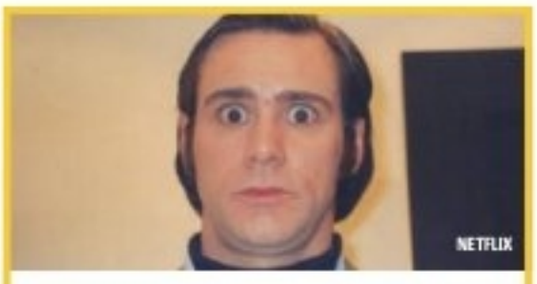
GREGORY WAKEMAN

"Blade Runner 2049"

"Blade Runner 2049" combines blockbuster sci-fi with genuine artistry to such a dazzling extent that it still boggles the mind that it actually exists. Director Denis Villeneuve expands the world with a patience that makes the film strikingly unique, especially when paired with Roger Deakins' visuals. The script has plenty twists and turns. And the cast? Pitch perfect. Sure it bungles its final act, but this is a film unlike any other.

"God's Own Country"

A romance that managed to be both primal and understated, Johnny (Josh O'Connor) and Gheorghe's (Alec Secareanu) relationship developed in the unspoken. As a result? You become increasingly invested. Writer and director Francis Lee trusts the audience and as such, remains steadfast in his approach, making the film all the more powerful. The result is a tender and poetic take on love that is much more than the Yorkshire "Brokeback Mountain."



"Jim & Andy: The Great Beyond"

Director Chris Smith could have gone overboard with "Jim & Andy." But by focusing on the parallels between Jim Carrey shooting "Man on the Moon" and Andy Kaufman's career, he creates a compelling examination of comedy and fame that feels particularly probing. It's also a reminder of the power of personality — and a warning to Hollywood that great art always comes from even greater risk.

"Three Billboards Outside Ebbing, Missouri"

Martin McDonagh's "Three Billboards Outside Ebbing, Missouri" has such unerring fury, bite and humor that it sears into your brain. Especially with its brilliant lead, Frances McDormand, who is utterly commanding as Mildred. McDonagh manages to weave in various subplots while still building to a thought-provoking and testing finale that is the perfect mixture of satisfying and frustrating.

"Lady Bird"

This film crackles with wit, drama and insight. But it also works as a period piece, teenage drama, rom-com, a coming-of-age tale and, a love letter to a hometown. Writer and director Greta Gerwig has an eye and cinematic voice that chimes perfectly with Saoirse Ronan's performance.

"Get Out"

Jordan Peele's impeccable directorial debut was released back in February, and it speaks volumes that it's still featuring prominently in best-film round-ups. How could it not? A zeitgeist horror-comedy-thriller that already feels timeless, "Get Out" is entertaining, thought-provoking and thrilling. A cinematic roller coaster unlike any other.

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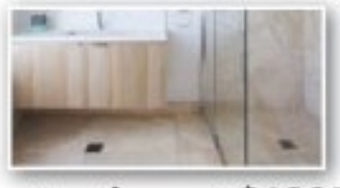

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The year in health and wellness

Spending time in a plant rich environment can help alleviate anxiety and lower your heart rate

Here's everything we learned trying to stay alive in 2017.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

In 2017, we all did our best to exercise and eat right, get a decent night's sleep, not drink too, too much or go nuts from anxiety. Let's just say it was a trying time. These are our biggest take-aways from all the studies we read, experts we interviewed, workouts we tried and nutrition advice we heeded. Here's to a healthier 2018.

You should probably get a dog, or at least some plants

Scientific research and personal accounts can attest that having dogs makes for healthier, happier lives. We talked to Eric O'Grey, author of the memoir "Walking With Peety," who lost 140 pounds, reversed his type 2 diabetes and became an avid marathon runner, all because he adopted a rescue dog who gave him a reason to get out of the house and get moving every day. A recent study published in Scientific Reports corroborates the health benefits of pups, finding that dog owners live longer, with a reduced risk of death from cardiovascular diseases and death of any cause.

No time for a pup? At least get some plants in your life! We talked to horticultural therapist Dr. Matthew Wichrowski, who uses plant activities to rehabilitate patients suffering from mental and physical disabilities at NYU Langone. He spoke to how spending time in biophilic environments, even if it's just gazing at the spider plant on your desk, can have a calming effect, and physical benefits too: A 2005 study found that plant-therapy sessions decrease the heart rate and lower blood pressure in patients.

We're all drinking way too much

In August, a study came out in the journal JAMA Psychiatry declaring alcohol abuse in America a public-health crisis. The National Institute of Alcohol Abuse and Alcoholism defines moderate drinking as no more than one drink a day for women, two drinks a day for men, to give you an idea of how much you're overshooting.

But when it comes to the risk of breast cancer, even one drink a day can increase the chances for women. A scientific review from The American Society of Oncology found that moderate to heavy drinking also increases the risk of cancers such as colorec-

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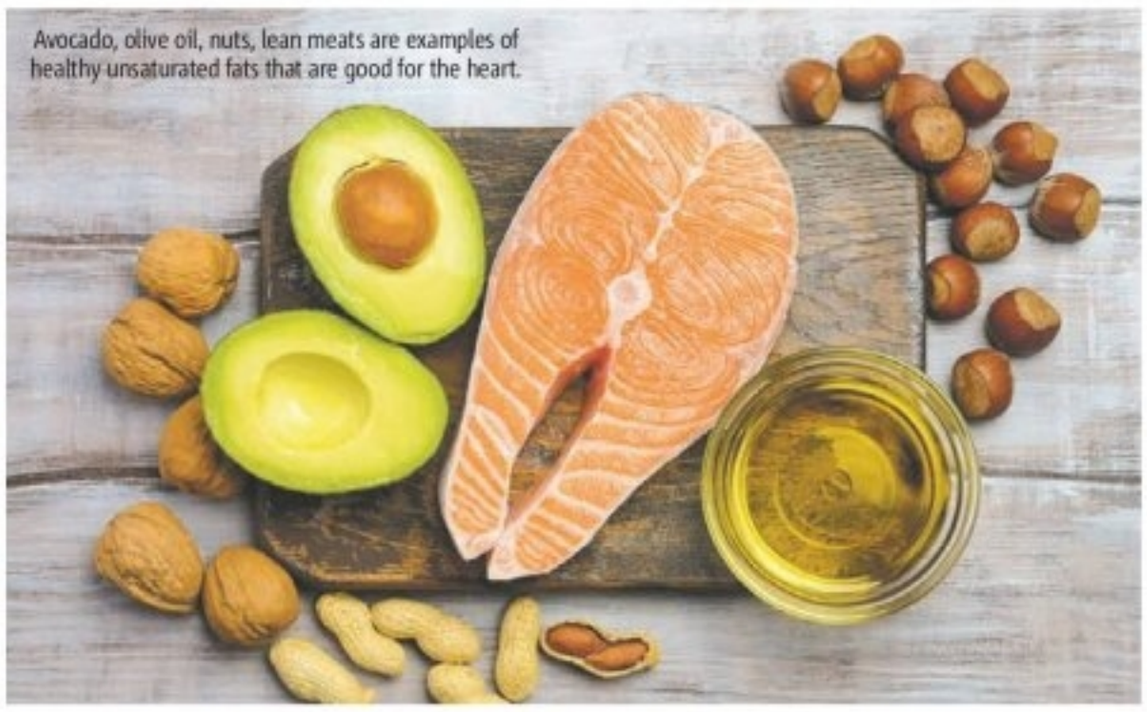
Avocado, olive oil, nuts, lean meats are examples of healthy unsaturated fats that are good for the heart.

tal, liver, esophageal and pancreatic.

But pot is extremely promising

Studies have shown that cannabis can treat a number of medical conditions, from anxiety to seizures to chronic pain, and is proved to be a safe and effective alternative to opioids. Cannabidiol, or CBD, a nonpsychoactive component of the marijuana plant, has a lot to do with these health benefits. But be careful shopping for it on the internet — 70 percent of CBD supplements sold online don't contain what they say they do.

The latest on how to keep your heart healthy

In November, the American Heart Association raised the standards for what's considered healthy blood pressure levels. Now, 130/80 mm HG and higher constitutes hypertension.

This year, the AHA also released a controversial statement that health trendy coconut oil is actually very high in saturated fat and can lead to high cholesterol.

The good news is there are lifestyle changes that can help lower your blood pressure and keep your heart healthy. Cardiologist Dr. Suzanne Steinbaum gave us advice on preventing cardiovascular disease, such as substituting healthy unsaturated fats, like avocados, olive oil and nuts, for saturated fats, eating lots of vegetables and limiting our meat intake.

Weight-loss isn't all calorie counting

Calories in vs. calories out: That's the mathematical formula for dropping pounds. But studies suggest sometimes it's more complicated than that. Research published in the Journal of the American College of Nutrition found that following a vegetarian diet might be more effective at weight loss than calorie counting.

Not getting enough sleep can literally add inches to your waistline. And when you eat matters: Even if you're dieting, eating late at night can lead to weight gain because it confuses your body's circadian rhythm.

Strength training and rest is integral to staying fit

Do all the cardio you want, but if you don't keep your muscles and joints healthy with proper rest and strengthening, you could be sabotaging yourself.

Sports-medicine doctor Jordan D. Metzl told us the secret to training for a marathon and not getting hurt is pacing yourself and incorporating plyometrics — bodyweight training exercises like burpees and jump squats — into your routine.

Don't prioritize your workout over a good night's sleep: It can weaken your immune system and make you more injury prone. Do your muscles a favor and resolve to spend some QT with your foam roller in the new year.

If you want to be fit and avoid injuries, you're gotta add strength building exercises to your cardio routine.
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Where to eat New Year's Eve dinner

If you're partying all night long, you'll need to fuel up first.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

This year's been an adventure, to say the least. To congratulate yourself on making it through, an epic feast is in order, and some of the city's top hotspots are serving up dinners fit for kings, queens and everyone in between. From German eats to Chinese food to post-apocalyptic fare, here are our picks on where to eat on New Year's Eve in Philadelphia.

For a $10 upgrade to the prix fixe at Jane G's, you can be eating this ginger scallion lobster on New Year's Eve ALL PHOTOS PROVIDED

Jane G's

In the mood for some Chinese food to close out 2017? Jane G's in Rittenhouse is serving up a special New Year's Eve dinner for $80 a person from 5 p.m. to 10 p.m. The four-course meal includes four cocktails with each dish: Young and Dangerous (gin, lemon juice, blackberry shrub), Man's Best Friend (rye whiskey, cognac, grand marnier, lemon, champagne), Waves of Fortune (prosecco, demerara, poppy tincture, bitters) and Blank Slate (gin, lemon creme de Violette, cava rose). Food options include dan dan noodles, hot and sour soup, ginger scallion lobster (add $10) and pork lo mein.

1930 Chestnut St.
janegsrestaurant.com

You haven't had steak until you've cooked it yourself on a lava rock at Mad Rex

Mad Rex Restaurant and Virtual Reality Lounge

Postapocalyptic restaurant Mad Rex is ringing in the new year with a five-course tasting menu ($65) from 5 p.m. to 9 p.m. on New Year's Eve. Menu items include Jerusalem artichoke soup, beet salad, a truffle mushroom ragu pappardelle along with cooking either a New York strip steak, salmon or cornish hens on a lava rock. Enjoy "goat cheese" cheesecake with berries or coffee cream eclairs for dessert. There are three time slots available: 5 p.m., 7 p.m. and 9 p.m., so make your reservations in advance.

1000 Frankford Ave.
themadrex.com

Enjoy a cozy New Year's Eve meal at Cinder.

Cinder Copper & Lace

Cinder in Center City is serving up a special four-course, prix fixe dinner ($55/person) for New Year's Eve. The first course features a charcuterie board or cheese board or Pemaquid oysters; second course features a kale Caesar or champagne apple soup or Saison mussels; third course features wood-fired salmon or pappardelle or pan-roasted hanger steak. For dessert, you get a choice of apple pie panna cotta or mocha stout mousse, with a third option still in the works. Yum!

1500 Locust St.
cindercl.com

Brauhaus Schmitz has a three-course menu that includes a full open bar from 9 p.m. to 1 a.m.

Brauhaus Schmitz

For the beer lovers out there, dining and drinking at Brauhaus Schmitz on South Street is a winning plan. They're doing a special New Year's Eve Firkins and Fondue Dinner ($115) from 9 p.m. to 1 a.m. The three-course family style meal even includes a full open bar from 9 p.m. to 1 a.m. that with a beer buffet of mini Firkin kegs, premium alcohol, German holiday beers and of course, champagne. *Prost!*

718 South St.
brauhausschmitz.com

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Where to celebrate New Year's Eve

After you've had your fill of all that New Year's Eve feasting, it will be time to burn off those delicious calories by partying hard (or not) into 2018. It is said that how you kick off the new year sets off the tone for the rest of the year, so get out there and go get it. Take in stunning views, rock out to live music, go incognito at a masquerade party or keep it zen with a New Year's Eve yoga class — the choice is yours. Here are a few ideas on where to celebrate NYE in Philly.

Take in stunning views at One Liberty Observation Deck on New Year's Eve

Liberty Observation Deck
Want a New Year's Eve with a view? Craft Concepts Group and One Liberty Observation Deck are doing a midnight celebration 57 floors above ground, where guests can see the fireworks display as they sip cocktails. The black-tie affair goes from 9 p.m. to 2 a.m. and features an open bar and hors d'oeuvres as well as DJ entertainment. General-admission tickets are available for $125 plus fees.
1650 Market St.
midnightfromthetop.ticketleap.com

U-Bahn
Feel like going incognito on New Year's Eve? U-Bahn in Midtown Village is hosting a masquerade party. The black-tie affair runs from 9 p.m. to 2 a.m. and features a five-hour open bar with premium alcohol, live music and a DJ, hors d'oeuvres and more. General-admission tickets start at $100.
1320 Chestnut St.
eyeswideshut.ticketleap.com

Ardmore Music Hall
Love David Bowie? Big Talking Heads fan? Then finish off the year rockin' out at Ardmore Music Hall for its New Year's Eve party, which will feature a Bowie tribute band as well as a Talking Heads tribute band. The show starts at 9:30 p.m. with doors opening at 8:30 p.m. Tickets are $28 in advance, $35 if you buy the day of the show and $79 for VIP, which includes an open bar from 9 p.m. to 12 a.m., dinner buffet, champagne toast and private seating.
23 E. Lancaster Ave.
ardmoremusic.com

Hot Yoga Philadelphia
Start 2018 off on the right foot by sweating out all of the toxins and vibes that no longer serve you at Hot Yoga Philadelphia's annual New Year's Eve class. The 90-minute traditional hot-yoga session will be taught by instructor Chris Fluck and even includes a nonalcoholic champagne toast and healthy eats afterward. At only $10 for early bird pricing, reserve a spot now before the class fills up.
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hotyogaphiladelphia.com

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'Make Up or Break Up' is the ultimate comedy test for local couples

One of the hottest TV game shows of the 1970s and 1980s was "The Newlywed Game." On each episode, real-life couples would appear and prove exactly how well they knew each other. While the game show may be long gone, a live, local offering is available every month.

"Make Up or Break Up" is one of the most popular recurring shows at Good Good Comedy Theater in Chinatown. Held on the last Saturday of each month, it will be closing a successful 2017 on Saturday, Dec. 30. The show is co-hosted by its creators, Philadelphia comedians John Deary and Alyssa al-Dookhi, and features three couples who are asked about the "less ideal" aspects of their relationships. Naturally, this makes for excellent live theater.

John Deary and Alyssa al-Dookhi co-host "Make Up or Break Up" at Good Good Comedy Theater. GOOD GOOD COMEDY THEATER

If you go:
Saturday, Dec. 30
8:00 p.m., $10
Good Good Comedy Theater
215 N. 11th St.
goodgoodcomedy.com

"Audiences can expect a lot of funny, tense or awkward moments in which we make fun of our contestants, their relationships, and especially our hosts," Deary said. "Couples can expect to share the worst dates they've been on, the biggest fights they've ever had, and the meanest thing their partner has ever said to them. We also hope to prod and pick at any insecurities and secrets they might have."

Deary explained that the show, which has been running since July 2016, was inspired by couples' game nights that would inevitably turn ugly.

"It was always pretty funny to everyone else…and to me, in retrospect, as it was me getting into these fights a bunch of times," Deary said. "I wanted to package that dysfunction as a comedy show."

The Dec. 30 show will shine the spotlight on real-life couples Jacquie Baker and Matthew Schmid (who co-produce the comedy troupe The Incredible Shrinking Matt and Jacquie), Brandon T. Gorin and Bevin Hensley, and Jeff Roser and Chloe Martin.

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Where *not* to go in 2018

You should avoid these destinations in the coming year for various reasons.

Fodor's Travel

The Great Wall could use a break. GETTY IMAGES

The Galápagos

The Galápagos Islands are unlike anyplace else in the world. They're home to species of flora and fauna that can't be found anywhere else on Earth. But the centuries of extreme isolation that resulted in the archipelago's many unique species have left it vulnerable to outside factors. The Ecuadorian government has instated incredibly strict laws to preserve the fragile marine and terrestrial ecosystems from human and, more specifically, tourist interference. But even if you follow the rules to a tee, seeds or tiny insects still find a way to reaching the islands and wreaking havoc.

The places that don't want you

Sometimes, the economic boon brought in by tourist dollars just isn't worth the strain it puts on the destinations themselves. Two notable destinations: Venice recently banned the docking of cruise ships because of the damage they do to the lagoon's ecosystem. Peru has limited the amount of time people are allowed to visit the site of Machu Picchu.

The Taj Mahal

Anyone who's taken the time to craft a bucket list has probably placed the Taj Mahal pretty close to the top. But as with any great beauty, there's upkeep involved.

The Archeological Survey of India determined that the Taj Mahal's dome (as well as four minarets) would undergo mud-pack therapy in order to correct the surface's yellowing. This was to be wrapped up by March of 2018, but now officials are saying work won't *begin* until March of 2018. So unless your dream Taj Mahal visit involves being photographed standing in front of a mudcaked and scaffolded dome, maybe give it until 2019 at the earliest.

Myanmar

Since Aug. 25, the UN has labeled the human-rights violations by Myanmar's military as a "textbook case" of ethnic cleansing. What is happening to the Rohingya, members of a local ethnic Muslim minority, has been described as "horrific" and compared to the Rwandan genocide. In the past few months, 600,000 have fled to neighboring Bangladesh to a camp that is growing so quickly it can be seen by satellite.

Missouri

The Show-Me State is full of wonders that belong on anyone's travel bucket list. It's home to breathtaking limestone caverns, the Budweiser Clydesdales, Kansas City-style BBQ, great jazz, the Silver Dollar City Amusement Park, and even a museum that purports to house the holy finger of John the Baptist.

Leave the Galapagos to the animals. GETTY IMAGES

Unfortunately, Missouri is also the place where SB 43 was passed, making it more difficult to sue employers for discrimination, a state representative argued that homosexuals weren't human beings, a tourist who got lost and ran out of gas was later found murdered in his jail cell without ever being put under arrest, and two men were hunted down and shot on suspicion of being Muslim on the outskirts of Kansas City. And that's just in 2017.

Great Wall of China and Beijing

The Great Wall of China's status as one of the Seven Wonders of the World is indisputable. With a more recent archaeological study determined that the wall is 13,000 miles long (for reference, the continental U.S. is 2,680 miles wide) it's perhaps the foremost architectural feat in the world. Yet, at the current rate, it's in danger of going the way of such Seven Wonders of the Ancient World as the Colossus of Rhodes and the Lighthouse of Alexandria.

Despite having survived for nearly two millennia, the Great Wall is under threat from a number of sources — mining, erosion, graffiti, construction, and even rural farmers who have taken to turning the structure into shelters and fertilizer. Oh, and that all too omnipresent force of destruction — tourism overload.

The sections of the wall that are best preserved can be accessed via Beijing … which might make for a better destination once its plan to reduce the city's overwhelming smog has had time to result in more lung-friendly conditions.

Cuba

Politics have all but made it impossible to keep track of the rules for Cuba travel, with the latest State Department issue prohibiting American access to the country's malls, shops, marinas and hotels.

Flying to Cuba is still legal. Under the supervision of a minder, you will be taken to legal hotel accommodations and taken to see all of the government-approved sites on the island. Exploring a place means embracing its true culture, a frustratingly low priority of the U.S. government's agenda.

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10 Most memorable Philly sports moments of 2017

The city's fans finally feel blessed. Or cursed. With Carson Wentz and Joel Embiid, how else can one feel?

EVAN MACY
@evan_macy
evan.macy@metro.us

The Flyers have played themselves back into playoff contention after a dreadful 10-game losing streak. GETTY IMAGES

What a year. From the seeming depths of non-competitiveness, Philadelphia has become one of the most exciting places in the country for sports fans. A championship may not be on the horizon (though the Eagles could get close), but it seems a march down Broad Street is an inevitability — soon — with the state of all four teams.

As we wave goodbye to 2017, here are 10 memories we'll take with us into 2018.

10 Flyers get No. 2 pick, take Nolan Patrick

Perhaps overshadowed by the Eagles nabbing Derek Barnett and the Sixers taking Markelle Fultz in their respective drafts was the Flyers getting some rare luck from the NHL gods and earning the No. 2 pick in last year's draft. The team, of course, took budding superstar forward Nolan Patrick. Though injuries and growing pains have made his NHL transition a little tougher than expected, he will be a key member of any future Stanley Cup Flyers team.

9 Sixers trade for No. 1, pick Markelle Fultz

The trade could end up on future lists of important events in Sixers history as either an epically bad move, or good one. Fultz has had shoulder — and perhaps confidence — issues, as he has sat out every Sixers game since October. Will he return and be the slashing, shooting scorer Philly needs to get over the top?

8 The tragic death of Roy Halladay

Not a top moment but a heartbreakingly memorable one. The Phils and the baseball world lost one of the best pitchers of the 2000s as Cy Young Award winner and two-time no-hit pitcher Halladay died in a plane crash. His contributions to the city will never be forgotten.

7 Flyers 10-game losing streak/6-game win streak

This story is an excellent example of how passionate and reactionary Philadelphia fans can be. After the Flyers dropped an embarrassing 10 straight games, fans were either calling for a new head coach or changing the channel. After a six-game win streak got them back into playoff contention, the Flyers are showing some promise again — and fans are back on board.

6 Ben Simmons, the triple-double machine

The Sixers rookie is likely going to be an All-Star. Through Dec. 21, his stats were as follows: 17.2 ppg, 9.1 rpg, 7.9 apg, 2.1 spg and a shooting percentage better than 50 percent. He is deadly distributing the ball, a beast on defense and with Joel Embiid makes the former tank kings a playoff team.

See page 26 for top 5

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MORE PHILLY SPORTS MOMENTS FROM 2017

After tearing his ACL — and having surgery to repair it — Carson Wentz is expected to be ready to return to football nine months from now, in September of 2018. ALL PHOTOS GETTY IMAGES

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Top 10 continued from page 25

5 Rhys Hoskins home-run madness

The Phillies first baseman, for about a month late last summer, made the team must-watch TV again. The big slugger hit 18 homers faster than anyone in baseball history, needing 32 games to reach the mark. Fans can only hope the 24-year-old's homerless streak of 16 games to end the year was a blip.

4 Malcolm Jenkins leads NFL protests

A complex issue for nearly everyone, Eagles safety Malcolm Jenkins was one of the most vocal leaders of this season's player protests. He was an early demonstrator — he started last season — and helped lead meetings with the NFL that eventually gave players the platform to speak out that they desired.

3 The 61-yard game-winner

Back before Nick Foles threw four touchdowns to beat the Giants in New York, unproven rookie kicker (and then newly signed) Jake Elliott drilled a 61-yard field goal to beat the Giants in Philadelphia back in Week 3. It was the start of a nine-game sinning streak for the Eagles.

2 Joel Embiid goes off in L.A.

This was one of the most incredible performances the NBA has ever seen. Joel Embiid was let off the leash, was trash talking the Lakers in L.A. and posted a ridiculous stat line: 46 points, 15 rebounds, seven assists and seven blocks in a dramatic win.

1 A Philadelphia legend is born in Carson Wentz

This one might get Eagles fans emotional. Thinking about what could have been if Wentz hadn't injured his knee in Los Angeles is positively torturous. But he'll wind up in the top 3 on most voters' NFL MVP ballot's after playing just 13 games — that's how good he was. Wentz set an Eagles record with 33 touchdown passes, had just seven interceptions and made plays with his legs, agility and mind that confounded fans' understanding of what was possible from a quarterback. Wentz is a franchise quarterback in the NFL and could be the best one in all of football sometime in the next half decade.

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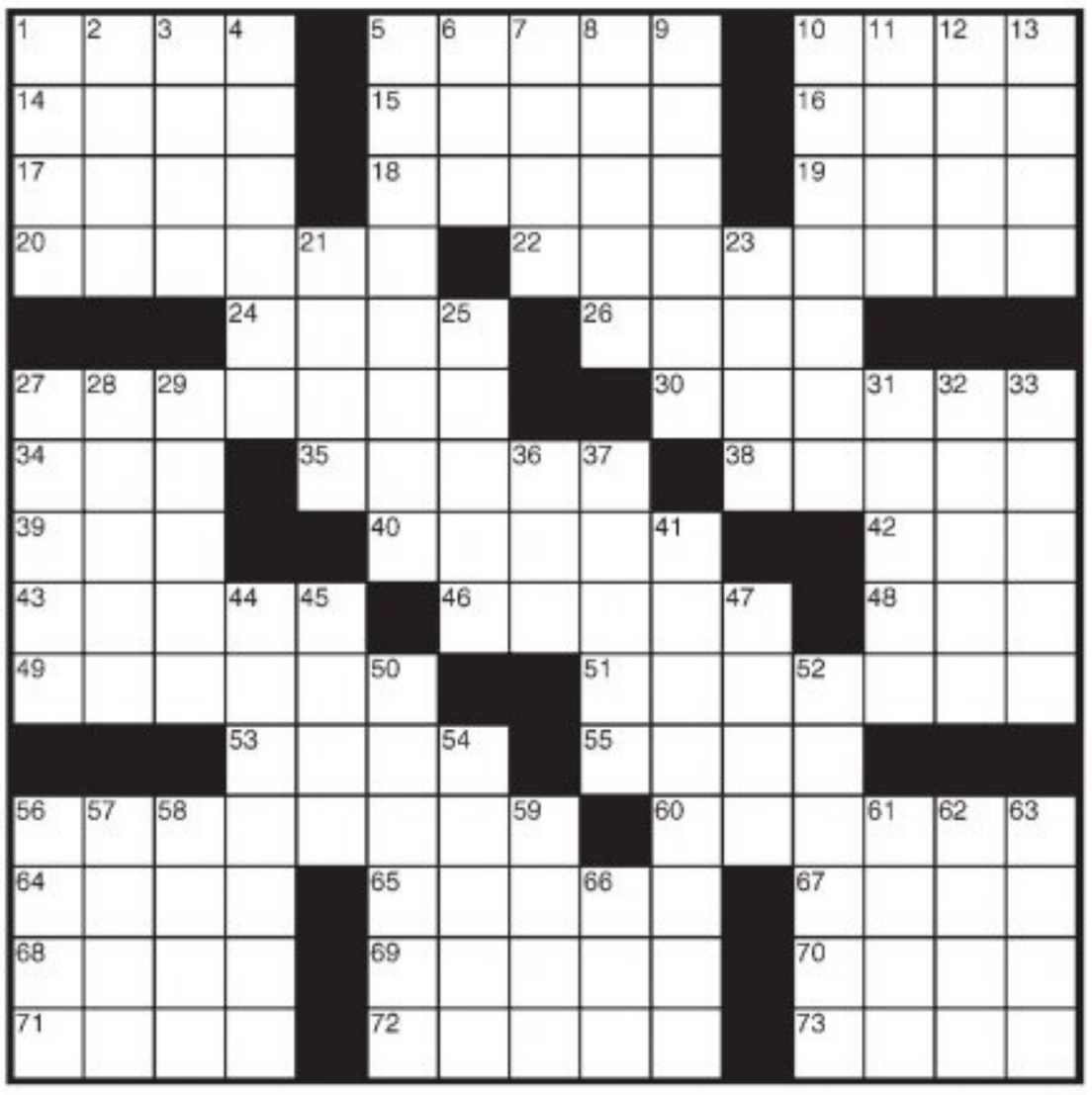

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1		4					7	3
2			1	6				
6				5				1

hard

	4	1	8					7
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Taurus Plan a trip with a loved one or take on a creative project to ease your stress. Nurturing an important relationship will bring you and the other party closer together.

Gemini Look over personal papers and make sure you have taken care of any necessary updates. A cautious approach to your finances will help ease stress.

Cancer Get involved in community projects. Share the evening with a person you love to be around. A physical or creative activity will motivate you to take on a new venture.

Leo Emotions will surface if you have been taking on too much debt or have not pulled your weight or taken care of your responsibilities. Step up and get things done.

Virgo Get involved in social events going on in your community. Participate in life and look for ways to update your look or meet new people. Companionship is highlighted.

Libra Don't feel the need to spend on frivolous entertainment when trying to impress someone. Only offer what you feel comfortable spending your money on.

Scorpio Share your feelings and show those you love how much you care. A little romance or a celebration with friends will get you in the spirit of the season.

Sagittarius Don't give in too easily when you should be cautious if someone asks you for help. Don't let anyone play on your emotions or take advantage of your generosity.

Capricorn Consider what you want to do or where you see yourself this time next year, and lay out a game plan that will help you achieve your goals.

Aquarius Refuse to let an emotional situation lead to a costly event. Listen to what others want or are asking for, but don't be too quick to pay for someone else's mistake.

Pisces Tidy up any unfinished business so that you can focus on the end-of-year festivities. An interesting proposition will grab your attention. EUGENIA LAST

Yesterday's answers

S	T	A	Y	■	S	H	I	F	T	■	A	H	A	B
M	I	L	E	■	T	U	T	O	R	■	L	A	V	A
O	T	I	S	■	O	M	E	G	A	■	O	R	E	S
G	L	E	E	■	D	A	M	■	C	O	H	E	R	E
■	E	N	S	I	G	N	S	■	T	O	A	S	T	S
■	■	■	■	A	Y	E	■	D	O	Z	■	■	■	■
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P	E	E	W	E	E	■	A	M	I	■	M	A	R	E
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- ☐ **Chronic Pain**
- ☐ **Depression**
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- ☐ **Diabetic Neuropathy**
- ☐ **Eczema/Psoriasis**
- ☐ **Healthy Adults**
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